Multi Genre-Fitness

1. Create your own lesson format (here is my format) see back page
2. Fitness Log (fitness for the week)

|  |  |  |  |
| --- | --- | --- | --- |
| Weekly Log | Activity Description | Fitness Component (Flexibility, Aerobic Capacity, Muscular Strength, Muscular Endurance, BMI) | Time Spent on Activity |
| Day 1 | Jog around track | Aerobic capacity | 10 mins |
| Day 2 | Yoga video | flexibility | 25 mins |
| Day 3 | Ab Ripper x | Muscular strength | 15 mins |
| Day 4 | Stretching | flexibility | 10 mins |
| Day 5 | Biking | Cardio vascular endurance | 45 mins |
| Day 6 | Elliptical  Push ups | Cardiovascular endurance  Muscular endurance/muscular strength | 1 hour |
| Day 7 | Walking on an incline | Cardiovascular endurance | 35 mins |

Song Lyrics (ex. Workout mix or dance song)

MY MIX-

* [**1.Wiz Khalifa / Snoop Dogg / Bruno Mars**](http://www.1045snx.com/iplaylist/jump.php?artist=Wiz%20Khalifa%20/%20Snoop%20Dogg%20/%20Bruno%20Mars&song=YOUNG,%20WILD%20&%20FREE) - [Young, Wild & Free](http://www.1045snx.com/iplaylist/jump.php?artist=Wiz%20Khalifa%20/%20Snoop%20Dogg%20/%20Bruno%20Mars&song=YOUNG,%20WILD%20&%20FREE)
* [http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(15961);)[**2.David Guetta / Nicki Minaj**](http://www.1045snx.com/iplaylist/jump.php?artist=David%20Guetta%20/%20Nicki%20Minaj&song=TURN%20ME%20ON) - [Turn Me On](http://www.1045snx.com/iplaylist/jump.php?artist=David%20Guetta%20/%20Nicki%20Minaj&song=TURN%20ME%20ON)
* [http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(26619);)[**3.J. Cole**](http://www.1045snx.com/iplaylist/jump.php?artist=J.%20Cole&song=WORKOUT) - [Workout](http://www.1045snx.com/iplaylist/jump.php?artist=J.%20Cole&song=WORKOUT)[http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(28472);)
* [**4.Pitbull / Chris Brown**](http://www.1045snx.com/iplaylist/jump.php?artist=Pitbull%20/%20Chris%20Brown&song=INTERNATIONAL%20LOVE) - [International Love](http://www.1045snx.com/iplaylist/jump.php?artist=Pitbull%20/%20Chris%20Brown&song=INTERNATIONAL%20LOVE)[http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(10875);)
* [**5.Drake / Rihanna**](http://www.1045snx.com/iplaylist/jump.php?artist=Drake%20/%20Rihanna&song=TAKE%20CARE) - [Take Care](http://www.1045snx.com/iplaylist/jump.php?artist=Drake%20/%20Rihanna&song=TAKE%20CARE)[http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(28904);)
* [**6.Flo Rida**](http://www.1045snx.com/iplaylist/jump.php?artist=Flo%20Rida&song=GOOD%20FEELING) - [Good Feeling](http://www.1045snx.com/iplaylist/jump.php?artist=Flo%20Rida&song=GOOD%20FEELING)[http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(16705);)
* [**7.Rihanna / Jay-z**](http://www.1045snx.com/iplaylist/jump.php?artist=Rihanna%20/%20Jay-Z&song=TALK%20THAT%20TALK) - [Talk That Talk](http://www.1045snx.com/iplaylist/jump.php?artist=Rihanna%20/%20Jay-Z&song=TALK%20THAT%20TALK)[http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(15726);)
* [**8.Adele**](http://www.1045snx.com/iplaylist/jump.php?artist=Adele&song=SET%20FIRE%20TO%20THE%20RAIN) - [Set Fire To The Rain](http://www.1045snx.com/iplaylist/jump.php?artist=Adele&song=SET%20FIRE%20TO%20THE%20RAIN)[http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(36960);)
* [**9.Jason Derulo**](http://www.1045snx.com/iplaylist/jump.php?artist=Jason%20Derulo&song=BREATHING) - [Breathing](http://www.1045snx.com/iplaylist/jump.php?artist=Jason%20Derulo&song=BREATHING)[http://www.1045snx.com/cc-common/module/top_twenty/playbutton.gif](javascript:open_videos_on_demand_playerT2(25827);)
* [**10.Bruno Mars**](http://www.1045snx.com/iplaylist/jump.php?artist=Bruno%20Mars&song=IT%20WILL%20RAIN) - [It Will Rain](http://www.1045snx.com/iplaylist/jump.php?artist=Bruno%20Mars&song=IT%20WILL%20RAIN)  
  <http://www.1045snx.com/iplaylist/playlist.html#ixzz1ntX5kquo>

Artist: **Dj Casper**  
Title: **Cha Cha Slide**  
  
[Mr.C Talks]   
  
[Mr.C]   
To the left, take it back now ya’ll   
1 hop this time, right foot let’s stomp   
Left foot let’s stomp, Cha Cha real smooth   
  
Turn it down, to the left   
Take it back now ya’ll   
1 hop this time, right foot let’s stomp   
Left foot let’s stomp, Cha Cha now ya’ll   
  
Now it’s time to get funky   
To the right now, to the left   
Take it back now ya’ll   
1 hop this time, 1 hop this time   
Right foot 2 stomps, left foot 2 stomps   
Slide to the left, slide to the right   
Criscross, criscross   
Cha Cha real smooth   
  
Let’s go to work   
To the left, take it back now ya’ll   
2 hops this time, 2 hops this time   
Right foot 2 stomps, left foot 2 stomps   
Hands on your knees, hands on your knees   
Get funky with it, aahhhhhhhhhh yaaaa   
Come on, Cha Cha now ya’ll   
  
Turn it down, to the left   
Take it back now ya’ll   
5 hops this time   
Right foot let’s stomp, left foot let’s stomp   
Right foot again, left foot again   
Right foot let’s stomp, left foot let’s stomp   
  
Freeze, Everybody Clap yo hands   
Come on ya’ll, check it out   
How low can you go?   
Can you go down low?   
All the way to da floor?   
How low can you go?   
Can you bring it to the top?   
Like it never never stop?   
Can you bring it to the top?   
1 hop, right foot now   
Left foot now ya’ll   
Cha Cha real smooth   
  
Turn it down, to the left   
Take it back now ya’ll   
1 hop this time,1 hop this time   
Reverse, Reverse   
Slide to the left, slide to the right   
Reverse Reverse, reverse reverse   
Cha Cha now ya’ll   
Cha Cha again   
Cha Cha now ya’ll   
Cha Cha again   
Turn it down   
  
To the left, that it back now ya’ll   
2 hops 2 hops, 2 hops 2 hops   
Right foot let’s stomp, left foot let’s stomp   
Charlie Brown, hop it out now   
Slide to the right, slide to the left   
Take it back now ya’ll   
Cha Cha now ya’ll   
  
Turn it down   
To the left, take it back now ya’ll   
3 hops this time   
Right foot now, left foot now ya’ll   
Cha Cha it out   
Turn it down   
  
To the right, to the right ya’ll   
To the left, take it back now ya’ll   
4 hops this time   
Right foot now now ya’ll, left foot now ya’ll   
Cha Cha now ya’ll   
Cha Cha again, Cha Cha again   
  
Turn it down   
Take it back now ya’ll   
Right foot let’s stomp, left foot let’s stomp   
6 hops this time   
Right foot let’s stomp, left foot let’s stomp   
Right foot 2 stomps, Left foot 2 stomps   
Criscross, Criscross   
Slide to the left, Slide to the right   
Let me hear you clap yo hands   
Cha Cha now, Cha Cha again   
  
Turn it down   
To the left, take it back now ya’ll   
2 hops 2 hops, 2 hops 2 hops   
Right foot 2 stomps, left foot 2 stomps   
Hands on your knees, hands on your knees   
Aahhhh yaaaa, get funky with it   
Get down now ya’ll,   
Come on, come on   
Cha Cha now ya’ll   
Let’s go to work

1. Top Ten List (favorite fitness things you found/have done)
2. Long rope jump rope- 10 minutes
3. Frog jumps- 15 in a row
4. Circle run- 1 minute
5. Wacky jacks- 30 seconds
6. Ladders- variety on hands/feet
7. Resistance bands for upper body
8. Yoga for relaxation
9. Pilates for core strength
10. Dance- Zumba
11. Pirate hockey
12. How-to: (do your favorite fitness activity)

### How To Perform Lunges Correctly

March 15, 2007 11:12 PM

|  |  |
| --- | --- |
| http://www.warriorfitnessworld.com/images/lunges_small.PNG | Lunges great for the legs and butt! They can be done with or without weights, at the gym or at home.  **If you are a beginner**, start without weights and concentrate on your form. **Ready to** **kick it up a notch?** Try [walking](http://www.warriorfitnessworld.com/articles/2007/03/how_to_perform_lunges_correctl.php) lunges.  **If you are advanced**, add weights and increase as you adapt.  **Ready to kick it up a** **notch?**  Try "doubles", or switch from dumbbells to a [barbell](http://www.warriorfitnessworld.com/articles/2007/03/how_to_perform_lunges_correctl.php). |

**How to perform a lunge:**

* Stand with feet together.
* Take a big step forward, then slowly lower [your body](http://www.warriorfitnessworld.com/articles/2007/03/how_to_perform_lunges_correctl.php) into a lunge postition.
* Make sure your knee is above your ankle, keeping it at a 90 [degree](http://www.warriorfitnessworld.com/articles/2007/03/how_to_perform_lunges_correctl.php) angle.
* Slowly push back up to starting position, pushing from your heel.
* Do not lean forward when lunging.
* Do not position your knee in front of your ankle.
* Do not hunch forward.

## ****CORRECT****



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## INCORRECT



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<http://www.warriorfitnessworld.com/articles/2007/03/how_to_perform_lunges_correctl.php>

1. Tic-Tac-Toe

Muscular Strength and Endurance, Flexibility, Aerobic Fitness, Body Composition, & Nutrition

(Chose ONE or two)

|  |  |  |
| --- | --- | --- |
| **VISION BOARD**  - You will CREATE a vision board/poster of what inspires you. You can be as creative as you want with this. You can include quotes, personal goals, visuals, inspirational people, etc. Anything that relates to your social, emotional, and physical health should be included. You may gather your materials from newspapers, magazines, online sources, etc. “Never stop believing in who you are, who you want to be, and what you are capable of accomplishing. You are in charge of your own pursuit of happiness.” Use this quote to get you started on your vision board | **INTERVIEWS**  - You will be responsible for interviewing TWO current high school athletes (any school) and write a report about who they are, what sport they play, how long they have been playing, why they chose to play, and most importantly what their daily workouts look like. This should be very detailed. CREATE 15 interview questions that will be written before the interview takes place. The paper should be 2-3 pages long reflecting on your interview. | **CARDIO CIRCUIT**  - After participating in a number of Cardio Circuits provided by your instructor, you will apply prior knowledge about our aerobic workouts and create you own 45 minute Cardio Circuit that you will be able to use in your future. Be sure to include at least 10 different exercises/movements throughout your workout with a time segment for each exercise. Be as creative as you can be. |
| **WORKOUT PROGRAM**  - You are to RESEARCH a popular workout/fitness program you are familiar with. For example, p90x and Insanity have become popular crazes in the past couple of years and are great examples of fitness workouts. Be sure to research the background of your program, the strengths & weaknesses of your program, if you would ever use this workout, and why? Write 2-3 pages. | **MUSIC MIXER**  - You will create ONE *Regular* Pump Up Mix for your class and ONE *Circuit* Pump Up Mix for your class. The Circuit Mix should consist of ONE-minute long songs with a 30 second break in between each song. This mix should be able to be used in our Circuit workouts on the track. You will get a ZERO if inappropriate language is heard during ANY point throughout your two Mixes. Each Mix should be a total of 40 minutes long. | **Kickboxing ROUTINE**  - After participating in a number of Routines provided by your instructor, you will apply prior knowledge and create you own 45 minute Routine that you will be able to use in your future. Be sure to include at least 5 different positions throughout your routine. |
| **TIMELINE**  - You will design a three-week fitness workout timeline. This should be a product that can be used in your future and should be very thorough. Include five 50-minute workouts for each week that all relate to our healthy fitness components (listed above). You should have a total of 15 workout ideas varying in each component. | **WARM UPS & STRETCHING**  You will create THREE warm up & stretch routines that are each between 5-10 minutes long. You will create these as if you were going to teach them to the class. Be sure to use a variety of exercises and stretches throughout each routine. | **STATIONS**  - After participating in a variety of Strength & Conditioning workouts, you will apply your prior knowledge and create a 45-minute Muscular Strength and Endurance station workout that you will be able to use in your future. Be sure to include at least 10-15 different exercises throughout your stations. Be as thorough and creative as you can. |

Kickboxing Routine

**cross punch**- with right hand punch across body towards left, with left hand punch across body towards right

cues-cross right, cross left

**jab**-with hand squeezed in a fist and thumb towards ceiling, punch straight out in front of you

cues-thumb up, punch

**hook**- rounded punch, with right arm make a half circle motion punch towards the left, opposite with the left hand

cues-half circle, punch

**upper cut-** with hand in a fist at side, and palm facing up, punch upward towards the ceiling to about cheek height

cues-punch ceiling

**kick front-** extend leg straight out in front of you in a kicking motion, knee can be slightly bent

cues-bend knee, kick, back

**kick side-** extend leg straight out to the side in a kicking motion, knee can be slightly bent

cues-bend knee, kick, back

**kick back-**extend leg straight behind in a kicking motion, knee can be slightly bentcues-bend knee, kick, back

Combination/Routine: Jab, Cross, Hook, Upper Cut, Kick Back (Repeat 10 times)